

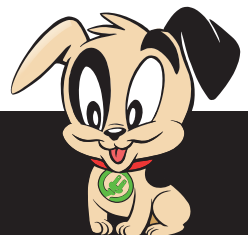
Socket's Tips for Sustainability at Home and Work

Save Energy

- Turn off the lights when you leave a room.
- Make use of natural light when possible.
- Replace light bulbs with the most efficient option – LEDs.
- Unplug unused electronics (chargers, laptops, phones, etc.) once fully charged.
- When leaving your computer for more than a few minutes, place the machine in “sleep” mode and turn off the monitor.
- Just say “no” to small appliances. Space heaters, mini-fridges, and personal printers consume unnecessary energy.
- Set summer daytime temperatures in occupied areas at 78°, winter at 68°. And dress for the season.
- Set your water heater to 120°. Any higher, and you are wasting energy.
- Do your laundry with cold water. You'll save 90% of the energy used by a hot water load.
- When cooking, right size pots and pans to burners, and use lids to keep in the heat.
- Do a Home Energy Audit at <https://selfaudit.2escore.com/>

Reduce Waste

- Use reusable dishware, water bottle, mug, and utensils, even at work and on the go.
- Only print what you need. Set your printer default to double-sided and black and white to reduce paper waste and save ink.
- Choose printer paper made from post-consumer recycled material.
- Recycle your used ink cartridges and toners at local office supply stores.
- Host low-waste events and meetings, by selecting a provider who sources locally-produced food and uses reusable dishware.
- Donate reusable surplus home and office items to your local thrift store.
- Recycle paper, cardboard, plastic bottles and containers, aluminum cans and metal cans together in one container (for Metro Nashville curbside recycling). Be sure all recyclables are clean of food scraps and liquid. No plastic bags in the recycle bin! Use Socket's Waste Wizard (<https://socket.nashville.gov/waste>) to find out what can and can't be recycled.
- Purchase products with minimal packaging.
- Bring your own reusable bags when you go shopping.
- Purchase secondhand clothes, furniture, and other items.
- Stop food waste. Learn how at <https://savethefood.com/>
- Compost remaining food and yard waste. Tips at <https://www.nashville.gov/Public-Works/Neighborhood-Services/Yard-Waste-Composting/Composting.aspx>



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Save Water

- Only run the dishwasher and washing machine when full.
- Choose a shower over a bath and keep it short – under 5 minutes.
- Turn off the tap while brushing your teeth or shaving.
- Install low flow faucets and showerheads.
- Fix leaks immediately.
- Make water smart landscaping choices, with drought-tolerant plants and watering only when needed.
- Capture rainwater for garden use with a rain barrel.
- Incorporate rain gardens and bioswales into landscape design.

Choose Green Transportation

- Carpool to save gas, help the environment, reduce stress, and get in some socializing.
- Take public transportation. Find your best route on WeGo by using the “Transit” app.
- Bike. For bike routes, events, classes and more, go to <https://www.walkbikenashville.org/>
- Don't idle in your vehicle.
- Combine car trips and look for the most time and fuel-efficient route possible.
- Drive an electric vehicle. You can charge for free at one of the EV charging stations at <https://www.chargepoint.com/>.

Be Well

- Stand or walk when possible: take the stairs, walk during your lunch break at work, stand at your desk.
- Choose healthy, nutritious food options, with an emphasis on vegetables and fruits. Grow your own, or visit a local Farmers' Market for fresh, healthy, and often organic produce.
- Reduce your meat consumption. The livestock industry accounts for a substantial amount of the world's greenhouse gas emissions and pollution.
- Get outside in a Metro or State Park. Being in nature helps reduce stress and increase wellness.

Get Engaged

- Adopt a street, bus stop, stream, or drain. Search “Nashville Adopt a Street”, etc. for details.
- Play Socket sustainability games and find activity ideas at <https://socket.nashville.gov/resources/kids-corner>
- Explore local volunteer opportunities at <https://www.hon.org/>

